

Southside Medical Reserve Corps Newsletter

2007: Active Hurricane Season

Experts at the NOAA Climate Prediction Center are projecting a 75 percent chance that the Atlantic Hurricane Season will be above normal this year—showing the ongoing active hurricane era remains strong. With the start of the hurricane season upon us, NOAA recommends those in hurricane-prone regions to prepare.

For the 2007 Atlantic hurricane season, NOAA scientists predict 13 to 17 named storms, with seven to 10 becoming hurricanes, of which three to five could become major hurricanes of Category 3 strength or higher. An average Atlantic hurricane season brings 11 named storms, with six becoming hurricanes, including two major hurricanes.

Stormy Weather Terms



Tropical Disturbance: A discrete tropical weather system beginning to organize and maintaining its identity for 24 hours or more.

Tropical Depression: A tropical cyclone (closed circulation) in which the maximum sustained wind speed of 38 mph.

Tropical Storm: A tropical cyclone in which the maximum sustained surface wind speed ranges from 39 mph to 73 mph. The convection in tropical storms is usually more concentrated near the center with outer rainfall organizing into distinct bands.

Hurricane: A tropical cyclone equal or exceed 74 mph. Hurricanes are further designated by categories with categories 3, 4, 5 as Major Hurricanes.

Hurricane Categories

Cat	Level	Description
1	Minimal 74-95 mph	Damage primarily to shrubbery, trees, foliage, and unanchored homes. No real damage to other structures. Some damage to poorly constructed signs.
2	Moderate 96-110 mph	Considerable damage to tree foliage & shrubbery; some trees blown down. Major damage to exposed mobile homes. Extensive damage to poorly constructed signs. Some damage to roofing materials of buildings, windows & doors. No major building damage.
3	Extensive 111-130 mph	Foliage torn from trees; large trees blown down. Practically all poorly constructed signs blown down. Some damage to roofing materials of buildings, windows & doors. Some structural damage to small buildings. Mobile homes destroyed. Serious flooding & Possible evacuation required
4	Extreme 131-155 mph	Shrubs and trees blown down; all signs down. Extensive damage to roofing materials, windows and doors. Complete failure of roofs. Complete destruction of mobile homes. Major damage to coastal areas and massive evacuation possibly required,
5	Catastrophic 156+ mph	Shrubs and trees blown down. All signs down. Very severe damage to windows and doors. Complete failure of roofs on homes & industrial buildings. Extensive shattering of glass in windows & doors. Some complete building failures with some overturned or blown away. Total destruction of mobile homes. Major damage to coastal areas and evacuation required.

Splish Splash

General Water Safety Tips

- **Learn to swim.** Always swim with a buddy; never leave a child unobserved.
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should wear a U.S. Coast Guard-approved personal flotation device.
- Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun.
- Set water safety rules for the whole family based on swimming abilities.
- Know of the water environment, such as deep and shallow areas, currents, obstructions and where the entry and exit points.
- Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water. Dive in only if marked for diving & there are no obstructions.



Beach Safety

- Limit direct sun exposure between 10 AM and 4 PM and wear sunscreen of 15 SPF.
- Drink plenty of water regularly to keep your body cool. Avoid alcohol or caffeine as they cause dehydration.
- Wear sunglasses that absorb at least 90 percent of UV sunlight to protect your eyes.
- Heat stroke is life-threatening. The signs are: hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number. Quickly cool the body by wrapping wet sheets around the body and fan it. Keep the person lying down.

Boating

- Alcohol and boating don't mix. It impairs judgment, balance, and coordination; 50% accidents involve alcohol.
- Use **Coast Guard-approved life jackets** for everyone when boating and fishing.
- Develop a float plan. Anytime you go out in a boat, give a responsible person details about where you will be and how long you will be gone. Help can reach you if needed.



Lakes and Rivers

- Select an area that is clean and well maintained; it shows the management's concern for your health and safety.
- Select an area that has good water quality and safe natural conditions. A feet first entry is much safer than diving.
- Be sure rafts and docks are in good condition.

Personal Watercraft (Jet Skis)

- Know your local laws and regulations & follow waterway traffic patterns, obey no-wake and speed zones.
- Operate your jet ski with courtesy and common sense.
- Use extreme caution around swimmers and surfers. Run your PWC at a slow speed until the craft is away from shore, swimming areas, and docks. Avoid passing close to other boats and jumping wakes. This behavior is dangerous and often illegal.
- Coast Guard-approved life jackets should be worn by the operators and riders.

You Are Invited to Prostate Cancer Dinner Forums

African American men in Halifax, Mecklenburg and Brunswick Counties have alarming rates of prostate cancer, ranking 8th highest in Virginia. Southside Health District is collaborating with community partners to sponsor prostate cancer dinner forums in each county. The forums will highlight statistics in our area, discuss prostate cancer prevention, screening, detection, diagnosis and treatment. Community service and business displays will be open at 5 PM with the program and dinner starting at 6 PM.

The forums are scheduled from **5 PM to 8 PM** in the following:

- **June 18** at Halifax Regional Hospital: Leggett Auditorium
- **June 19** at St. Paul's College: Mary E. Johnston Hall
- **June 20** at Community Memorial Healthcenter in the Education Center.

To pre-register or get more information, call 434-738-6815, Ext.112



MRC Volunteer

Anita Chandler is a life long resident of Mecklenburg County presently residing in Clarksville, VA. She graduated from Halifax Community Hospital School of Practical Nursing. She started her nursing career at Twin Oaks Nursing Home, then to South Boston General Hospital, Southside Health District and Southside Community Services Board. Anita is now retired and volunteering her time to various organizations.

Three months after Katrina hit, Anita deployed with the Red cross to Gulfport, MS. She had prepared for a 3-week deployment from Nov 30-Dec 21, 2005; however she couldn't prepare for the devastation she saw upon arrival. All of us saw the destruction in New Orleans but never imagined it was that bad in other states. The highways were covered with trees,



sheets, mattresses, household items and garbage. Twelve-foot mounds of debris were everywhere. There was a casino ripped up and moved across the highway placed against a hotel. In one school, the water had reached the basketball goal and took over 8 hours to recede.



Anita worked in a shelter for a couple days, then, as the shelters closed, she started going from house to house, tent to tent, and spot to spot to let people know other places they get help. Anita did a lot of assistance with eyewear and denture replacement. She also assisted an individual with a leg brace replacement because she had to sit in water for a long period of time which resulted in damage to her brace.

Finding places was difficult with no road signs, so a lot of people painted addresses on wood or on the house, if it was still standing. Traveling around the area was difficult with all the bridges damaged. Anita was amazed that one bridge was destroyed and the one beside it had very minimal damage. Without the bridges as shortcuts, the Red Cross volunteer teams spent a lot more time getting to and from the assigned community areas. They had to be back to their base by 5 pm every afternoon so they had to make sure they made the best use of their time.

In February 2007, Anita took a trip to Florida and decided to travel to Mississippi to see what it looked like 18 months after Katrina originally hit. She was amazed that houses were still damaged and covered with blue tarps, and families were still living in FEMA trailers sent down after the hurricane. Some of the bridges still had sections missing out of them and piles of debris were still all over. Casinos were open but none were rebuilt on the water. Road signs had been replaced and the roads were cleared of all debris. The boardwalk was still damaged. Hotels were operational with the 1st and 2nd floors still damaged so guest were place on upper floors. In general the towns around Gulfport, MS were working hard to rebuild, but they still have a long way to go. Anita was glad to be able to help the victims in anyway possible. Sometimes our missions seem so menial, but they are very meaningful to the people in the disaster and that makes your time as a volunteer very much worth it.





P O Box 370

Boydton, Va 23917

434-738-6545 ext 113

Web address: www.smrc.vdh.virginia.gov

Dates	<u>Training & Location</u>	<u>Time</u>
June 18	<u>Awards Ceremony</u> Meadowview Terrace 184 Buffalo Road Clarksville, VA	6 PM
June 25	<u>Red Cross First Aid</u> Community Memorial Healthcenter, Ed Center Room 103, South Hill	3 PM
June 26	<u>Intro to Biological, Chemical and Radiological Agents</u> Halifax Regional Hospital, Bellwood Conference Room	6 PM
July 30	<u>Intro to Biological, Chemical and Radiological Agents</u> Community Memorial Healthcenter, Ed Center, Room 103, South Hill	6 PM
July 31	<u>Fire Safety</u> South Boston Fire Station, 403 Board Street (501B near True Value Store)	6 PM
Aug 20	<u>Orientation & Public Health 101</u> Community Memorial Healthcenter, Ed Center Room 103, South Hill	6 PM
Aug 21	<u>Orientation & Public Health 101</u> Halifax Health Department	6 PM

Contact Kim Bannister at 434-738-6545, Ext. 113 for questions or general information.

To save funds, future newsletters will only be mailed to volunteers with no email address on file; all others will be sent the newsletter via email.